

HIGHLIGHTS

March 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 3

For Your Information...

Mentors, therapists and HCA employees may obtain an Albertson's Community Partners card, which allows Albertsons to donate a percentage of your purchase to CYS-Project Together each time you shop. To sign up for your card, just swing by CYS-Project Together's Central Office at 405 W. 5th St., Suite 436, in Santa Ana or contact the Volunteer Coordinator in your region. Through their Community Partners program, Albertson's will pass on a donation to CYS-Project Together every time you present your card to the cashier which benefits CYS kids...

Contact your Volunteer Coordinator for assistance if you have clients who are without resources to have an eye exam or to purchase glasses they may need. LensCrafters' Gift of Sight program makes it possible for CYS clients to obtain a voucher for services on a first come-first served basis. Clients must be referred by a therapist for this service and must demonstrate a financial need...

The CYS-Project Together Resource Center has a couple of shelves worth of books and video tapes appropriate for elementary school children. Also available are men's Vans shoes in size 12 only. If you know of a CYS client who is in need of these or other resources, please contact your Volunteer Coordinator or your client's therapist who will complete the request form...

Check out "Beginning March 3" on the Calendar on page 3 for CYS-Project Together volunteer opportunities for you, a spouse or a friend. We love to see new faces. There are many ways in addition to mentoring to help CYS kids...

Therapist Spotlight

Psychologist Believes Mentors Are Priceless

Michele Riggs, Psy.D., a therapist with Aspen Community Services/Santa Ana, has worked with 13 different CYS-Project Together Mentors over the past five years.

According to Michele, a licensed clinical psychologist, "I find that the one-on-one attention Mentors provide makes kids flourish. About 99 percent of the clients matched with Mentors improve faster, better their social skills and are more at ease in the community. They are also more excited about things and look forward to the week-ends. This is a great thing," she said.

Michele strongly believes that CYS-Project Together Mentors are an important part of the lives of children she serves.

"Mentors provide the child with a role model and an added support system. This adds a whole different component to the therapeutic treatment. I have seen so many changes happen with a child after being matched with a mentor. The child becomes more empowered, displays increased confidence and improved self-esteem. They are able to form friendships with their peers because they are more motivated to engage socially with others," according to Michele.

Currently engaged in the process of matching yet another CYS-Project Together Mentor with a client, Michele speaks of her belief that "Each person who is involved with a child is planting seeds and building bridges. This helps the child have a more positive life," she said.



"It is not just one person," said Michele. Speaking of the therapeutic team, she said, "It is a group of people such as the therapists, Mentors, teachers and family who provide the child with the support he or she needs."

Michele likes to keep regular contact with her Mentors to provide them with the extra support they might need. The mentor/therapist match has been so successful that mentors ask to be re-matched with another of Michele's

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Volunteers Are Special!

Marcella's Life Experience Becomes A Gift

Marcella Michel, a Mentor with Children & Youth Services' West Region since 2000, seized the opportunity to participate in the CYS-Project Together program as a way to gain life experience in helping others.

When she became a mentor, she was beginning her junior year at California State University, Fullerton, majoring in human services.

"I guess you could say I was 'a late bloomer,' she said. "But I always wanted to go to college. So in my thirties, I took a deep breath and just did it. I was nervous and anxious about going to college and then stepping into a university setting. I was not sure if I could do it." Marcella graduated with a B.A. in 2002 and is now working on her master's degree in social work. Her goal has been to open doorways for herself to work in a profession where she can help others.

Her volunteer work has become an important part of her life. In addition to mentoring, Marcella plans to renew her commitment as a volunteer tutor in the future. She also has spoken in the community about how volunteering has enhanced her life and multi-cultural issues in volunteering.

To date, Marcella has served as a Mentor to three different CYS clients, all who benefited from her multi-cultural background. Her bilingual skills and first hand knowledge of the Hispanic culture has proven to be a valuable asset. In many cases, the child being matched with a Mentor was bilingual, but the parent was not. A Spanish-speaking Mentor, who can communicate clearly with the parent, is invaluable in making the Mentor/client match work and in gaining the trust of the parent in the process.

However, according to Marcella, "Being bilingual is not always enough. You have to understand the culture, express yourself clearly and identify with the values of the family."

Marcella currently mentors an adolescent female. Her respect for the mentee's family culture and relating her



own experiences as a Mexican immigrant, have helped tremendously in building a good relationship. She has helped her mentee better cope with the difficulties of struggling with economic hardship. Simply spending time listening to each other's experiences while on an ice cream outing represents the best times during their relationship.

"It's not about the money, but the quality of time you spend listening to one another," said Marcella. She also shares her appreciation with her mentee for the importance of staying in school and seeking higher education as

a means of developing her mind, her character and her future.

"I take her to my school campus and show her where I spend my time. I am also encouraging her to volunteer her time as a peer tutor. I want her to understand the value of helping others by sharing her knowledge and that staying in school is an

essential step toward her future," said Marcella.

Marcella grew up knowing that if life did not hand her a silver spoon, she needed to go out and find her own. While there have been numerous obstacles, she has learned that they often steer her in interesting directions that she might never have considered otherwise. She finds that she has been

given so much in her lifetime and believes that it only makes sense to share her gratitude by helping a child through mentoring.

—Information for this article was contributed by Diane Prescott, CYS-Project Together Volunteer Coordinator/West Region.

She also shares her appreciation with her mentee for the importance of staying in school and seeking higher education as a means of developing her mind, her character and her future.

Quotable Quote

"For good teaching rests neither in accumulating a shelf full of knowledge nor in developing a repertoire of skills. In the end, good teaching lies in a willingness to attend and care for what happens in our students, ourselves, and the space between us. Good teaching is a certain kind of stance, I think. It is a stance of receptivity, of attunement, of listening."

—Laurent A. Daloz, U.S. educator. *Effective Teaching and Mentoring*

MARCH 2003

Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

During March Track & Field Sign Up

Memorial Center
2102 S. Flower St.
Santa Ana
(714)571-4264

Call Enrique Marban at the center for sign-up times. Youth up to 14 years of age may participate in this program which competes in meets throughout Orange County.

Saturday & Sunday March 1 & 2 Gem, Jewelry & Bead Show

Building #12
Orange County Fair & Exposition Center
88 Fair Drive
Costa Mesa
(760)747-9215

Time: 10 a.m.-7 p.m. Saturday
10 a.m.-5 p.m. Sunday
Cost: \$5

Sunday, March 2 Kid's Pet Parade

Cooks Park
La Novia & Calle Arroya
San Juan Capistrano
www.sjc.net/fiesta/kidspet

Kids 5 to 12 years of age may show off their favorite pets in a contest for the most unusual, the cutest, best team costume, funniest and most obedient. All pets must be leashed, haltered or caged and an adult must accompany the children. Sizzler Restaurant will provide lunch for parade participants.

Time: 11:30 a.m. registration for participants
1 p.m. parade begins
Cost: \$3 entry fee
Free attendance

Beginning March 3 VOLUNTEER OPPORTUNITY

CYS-Project Together
405 W. 5th St., Suite 436
Santa Ana
(714)796-0121 (Martha Murphy)
CYS-Project Together is looking for enthusiastic volunteers to assist with a variety of projects, including cookbook fundraiser sales, sorting and distribution of clothing in our CYS-PT Resource Center, clerical support and assistance with special events.
Time: 9 a.m.-5:30 p.m. weekdays

Friday, March 7 "A Whale of a Good Time" Festival of the Whales

Dana Point Youth & Group Facility
34451 Ensenada Place
Dana Point
(949)661-7122
Celebrate the 5,000-mile migration of the California gray whale through crafts, nature games and informative activities. Join the park ranger for a walk through Dana Cove. This is suitable for youth 7 to 12 years of age.
Time: 3:30 p.m.
Cost: \$3

March 10-April 5 Spring Reading Program

Santa Ana Public Library
26 Civic Center Dr.
Santa Ana
(714)647-5250
This reading marathon, sponsored by In-N-Out Burger, is for children and teenagers. For every five books read, the child or teenager will receive a certificate for In-N-Out. Teenagers from 6th to 12th grade may ask about the waiting list for the Teen Club, whose members read together as well as participate in enrichment field trips, volunteer work for the library and in the community.
Time: Library hours
Cost: Free

Saturday & Sunday March 15 & 16 Teddy Bear, Doll & Antique Show

Orange County Fair & Exposition Center
Building #14
88 Fair Drive
Costa Mesa
(708)434-7444
Time: 8 a.m.-10 p.m. Saturday
8 a.m.-3 p.m.
Cost: \$5

Monday, March 17 St. Patrick's Day Celebration

Salgado Center
706 N. Newhope St.
Santa Ana
(714)571-4254
Time: 3:30 p.m.
Cost: Free

Friday, March 21 Hoos'gow Day

Business District
San Juan Capistrano
(949)493-1976
"Sheriff" Bart Moore and the San Juan Capistrano Fiesta Association "Deputies" will be roaming the city with a portable jail, ready to arrest anyone not dressed in Western attire or any man who is clean-shaven.
Time: 10 a.m.-8 p.m.
Cost: Free, unless you are thrown in the Hoos'gow!

Friday, March 21 Saturday, March 22 Amish Quilt Show

Orange County Fair and Exposition Center
Building # 14
88 Fair Dr.
Costa Mesa
(717)687-9270
Learn about Amish country traditions.
Time: Noon-8 p.m. Friday
10 a.m.-5 p.m. Saturday
Cost: Free

Year Round**There Is Free Lunch**

Memorial Center
2101 S. Flower St.
Santa Ana
(714)571-4264

Children and teenagers up to 18 years of age may participate in the free lunch program at Memorial Center held Monday through Friday.

Time: Noon-1:30 p.m.

Cost: Free

**After School Program
Memorial Center**

2101 S. Flower St.
Santa Ana
(714)571-4242

This after school program is for children 5 to 12 years of age.

Time: Noon-5:30 p.m.

Cost: \$12 per week

**To Be Announced
Lollipop Class**

Gourmet Lollipop Company/
Candy Crafters
7351 Heil Ave.
Huntington Beach

Call at the beginning of March to enroll in one of the candy making classes. Up to 20 kids can get together and learn how to make candy from start to finish.

Time: After school

Cost: \$5

Fridays**Edison International
Field Tour**

2000 Gene Autry Way
Anaheim
(714)940-2046

Groups of 20 or more may tour the field beginning at the giant baseball cap, then on to home plate and behind the scenes. Individuals may call to make arrangements to join scheduled tour groups. The tour takes about 90 minutes.

Time: 9:30 a.m. Fridays only

Cost: Free

**Sunday-Saturday
Disney Ice Skating**

300 W. Lincoln Ave.
Anaheim
(714)535-7465

The public may skate in this premier ice skating facility seven days a week. Also available are hockey leagues, skating classes, broomball and the Mighty Ducks Pro Shop.

Time: Monday-Friday 11:30 a.m.

3:30 p.m.

5:30 p.m.

7-9 p.m.

Saturday

1-3 p.m.

7-9 p.m.

9:30-11:30 p.m.

Sunday

1-3 p.m.

Cost: Including skate rental

Adults \$10.50

Children \$8.50

**Daily in March
California Scenario**

611 Anton
Costa Mesa
(714)384-5500

Sculptor Isamu Noguchi created this tranquil sculpture garden that covers two acres with abstract granite, sandstone and marble works of art with environmental themes.

Time: 8 a.m.-11 p.m.

Cost: Free

**Daily in March
Old Fashioned Roller Skating**

Fountain Valley Skating Center
9105 Recreation Circle
Fountain Valley
(714)847-6300

Roller skate in an old-fashioned wooden rink that has been newly refurbished. Rent some skates or bring your own, if you have the right wheels. They have special games for kids and skate dance competitions for teenagers on week-ends. And, if you are a beginner, others will help "baby step" you along the wall, or at least pick you up off the floor. Due to special events schedule, call to confirm rink availability.

Time: 10 a.m.

Cost: Admission \$5

Skate rental \$2

**Daily in March
Singing Hen Farm**

9731 Walker St.
Cypress
(714)826-9494

Singing Hen Farm owner Calvin Meekhof raised chickens in Cypress during the 1960's. After he moved the operation to Riverside, he still kept two rows of chicken and black rabbit huts on the Cypress property and put them in front of Singing Hen Farm, which is a small dairy grocery placed on the family's egg ranch location.

Time: Monday-Friday

10 a.m.-6 p.m.

Cost: Free

Asian Garden Mall

9200 Bolsa Ave.
Westminster
(714)894-3854

Located in the heart of Little Saigon, this Asian style façade has become a Southern California landmark graced by the life-size Happy Buddha and images of fortune, longevity and prosperity. Step inside and cool down by enjoying a sugarcane drink or papaya salad. Browse to find a blend of American and Vietnamese products, including blankets, herbs, shoes, clothing and jewelry, reflecting life in the Vietnamese community.

Time: 9 a.m.-7 p.m.

Cost: Free

**Every 3rd Sunday
Stanley Ranch Museum**

12174 Euclid St.
Garden Grove
(714)530-8871

This museum, which protects the historical roots of Garden Grove's first settlers during the 1870's Village Era, is run by volunteers from the Garden Grove Historical Society, who provide a guided tour every third Sunday of the month. You can see vintage farm equipment, a restored house and barn, explore the 17 buildings on the 2-acre site, and step back into yesteryear.

Time: 1:30-4 p.m.

Cost: \$1-2 donation

**Saturdays
Story Time**

Santa Ana Library
26 Civic Center Plaza
Santa Ana
(714)647-5250

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m.

Cost: Free

**Saturdays
International
Speedway Racing**

Grandstand Arena
Orange County Fair & Exposition Center
88 Fair Dr.
Costa Mesa
(949)492-9933

Park in the main lot off of Fair Drive
This is an exciting Saturday night, especially for teenagers.

Time: 7:30 p.m.

Cost:	Adults	\$10
	Seniors and teens	
	Under 13-17	\$6
	Children 6-12	\$3

3rd Weekend Free Train Rides

Fairview Regional Park
2525 Placentia
Costa Mesa
(714)54T-RAIN

The Orange County Model Engineers Club set up a kiddie-sized train and nearly 2 miles of track for youth and children to enjoy.

Time: 10 a.m.-3 p.m.

Cost: Free on 3rd Weekend

Saturdays Nature Conservancy Guided Hikes and Bike Rides

Santiago Canyon Rd. &
San Joaquin Hills
Laguna Coast Wilderness Park Area
Laguna Beach
(714)832-7478

Guided hikes and mountain bike rides are conducted on Saturdays and range from moderately easy to more rigorous. It is a wonderful way to become acquainted with nature. Please call for information on times and other activities.

Time: Please call for times

Cost: Free

Saturdays and Sundays Orange County Marketplace

Orange County Fair & Exposition Center
Main Lot
88 Fair Dr.
Costa Mesa
(949)723-6616

One of the largest arrays of new and used items in the world is available here.

Time: 7 a.m.-4 p.m.

Cost:	Adults	\$2
	Children under 12	Free

1st Saturday of Month Bolsa Chica Wetlands Free Tour

Bolsa Chica Ecological Reserve Bridge
Pacific Coast Highway South of Warner
Huntington Beach
(714)840-1575

This is a free 2-hour tour across the wetlands and an opportunity to see delicate

There's More Than One Way to Hug a Child...

The staff and clients of Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Adventure City
Stanton

Armstrong Garden Center, Inc.
Glendora

Bowers Museum of Cultural Art
Santa Ana

Dr. Chantel Daitch
Westminster

Little Cesar's
Anaheim

Meg O'Neil
Placentia

Restoration Media
Newport Beach

Michelle Roth
Beverly Hills

Statek Corp.
Orange

sea life developing in the marshland and almost extinct aquatic wildlife coming back to life. This is an ecological reserve and one of the few remaining wetlands on the Pacific Coast. Pelicans, ducks, swans, herons, egrets and least terns abound, so bring your binoculars and a jacket.

Time: 9-10:30 a.m. Groups leave every 15 minutes

Cost: Free

Saturdays Free "Make & Take" Workshops

Lake Shore Learning Materials
18679 Brookhurst St. (S. of 405)
Fountain Valley
(714)963-8255

Children 3 and older are welcome to attend the free "Make & Take" workshops where children create their own art and toys while learning new skills.

Time: 11 a.m.-3 p.m.

Cost: Free

Saturdays Family Story Time

Newport Beach Public Library
1000 Avocado Ave.
Newport Beach
(949)717-3800

Children 3 to 7 may join each other for dramatic storytelling and crafts.

Times: 10:30 a.m.

Cost: Free

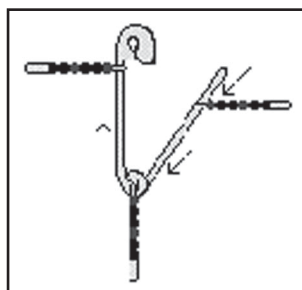
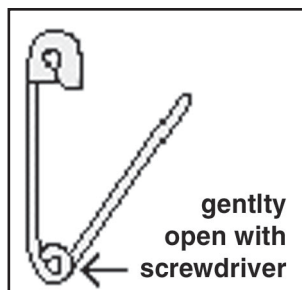
HAPPY BIRTHDAY

Jean Whitney	3/2
Kim Shreeve	3/5
Jennifer Del Mundo	3/9
Alberto Sosa	3/10
Ami Redman	3/14
Heather Dion	3/16
Laura Oldham	3/18
Viviana Paredes	3/23
Elarian Anderson	3/24
Ashley Ford	3/25
Christin Pawling	3/28
Trevor Persaud	3/28
Jennifer Guran	3/29

Quotable Quote

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.

—Arthur Schopenhauer



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Here is a pattern for a safety pin shamrock.

Projects Corner

Make a Shamrock Pin From Safety Pins and Beads

Just for fun and in honor of St. Patrick's Day, create your own safety pin shamrock. Make some extra ones to share with your friends who may want to be Irish for a day. After all, that is what March 17th in America is all about.

Irish Americans, armed with ingenuity and humor, launched a public relations campaign which allowed everyone to celebrate the good things about being Irish to quell anti-Irish sentiments that accompanied the massive immigration of Irish to America during the Potato Famine of 1847. They chose the saint day of St. Patrick, because he was celebrated by both Presbyterian and Catholic Irish and the shamrock, since it is symbolic of unity, holiness and hope. According to Irish-American myth, anyone who wears the shamrock will experience a bit of Irish luck.

Safety Pin Shamrock

11 safety brass pins—
7/8-inch

1 brass safety pin—1.25-inch
Seed beads in dark green and
black

Small flat-head screw driver
Needle-nose pliers

Some craft stores have fluorescent green beads (one brand is called "Emerald City") that are great fun for this project. Flat black beads are best for the background.

1. Each numbered column represents one safety pin and each block represents one bead to be put on the safety pin vertically.

2. In column #1, using a 7/8-inch safety pin, place 11 black beads on the pin and close it. On pin/column # 2, place 5 black beads, 3 green and 3 black and close the pin.

Lay them down on a table in order from left to right.

3. Follow same procedure for all 11 pins, counting the number of beads of each color for each row. Each pin should have a total of 11 beads. Due to slight variations in bead sizes, you may find it necessary to loosen the coil at the end of the pin, so all of the beads will fit on the pin.

4. Loosen the coil on the 1.25-inch safety pin. When all 11 of the 7/8-inch safety pins are beaded, beginning with safety pin # 1 on the far left, thread each of the 11 pins, through the end loop, onto the larger safety pin. You may use a flat-head screwdriver to pry apart coil at the end of the large pin. Slide the 11 small pins around the coil onto the back side of the pin.

5. Once all the pins have been slid around the end coil, close the pin and place on a flat surface. Press the coil shut with the flat head of the screwdriver. If you wish, you may use needle-nose pliers to pinch the small beaded safety pin clasps closed, so they will not pop open later.

Pins & Beads

Safety Pin Guide

7/8-inch—holds 11 seed beads

1 1/16-inch—14 seed beads

Safety pin larger than 1 1/16 is usually too large to hold seed beads

1.25-inch—will hold 11 beaded safety pins

1.5-inch—up to 14 beaded safety pins

Note: Seed bead brands vary in size and quality. When choosing colors, be sure to obtain same brand in both color beads for consistent sizes before you begin. If you use larger seed beads, you may need to adjust pattern or use a larger safety pin.

Using the guide below, make your own beaded design

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Helpful Hints

Spray brass safety pins with acrylic to prevent discoloration and rust.

Safety pin bead jewelry usually washes well, but make sure you have clamped pins shut with pliers.

Seed beads are 2 mm or size 10/0.

If you use larger beads than seed beads, you cannot execute the pattern correctly.

Some seed bead holes are not large enough to thread. Keep trying until you find a bead that fits the safety pin.

Therapist Spotlight

(continued from page 1)

clients so they may continue to work with her.

Toby McCarthy, Director of Aspen/Santa Ana, said, "Michele has outstanding clinical skills and a real dedication to her clients. She is exceptional on following through on preventative treatment and interventions. She takes the time to support her clinical skills through research, reading and re-training. She is consistent and caring with the families. Michele is able to join very effectively with all of her clients, regardless of background or circumstances... Clients have confidence in her as a professional," he said.

Michele, who recently took on a new professional challenge as a clinical supervisor, also heads Aspen's pre-doctoral intern program. She received her B.A. in psychology from California State University, Fullerton and her masters in clinical psychology and her doctorate in psychology from the California School of Professional Psychology, Los Angeles. Her proficiency training was in multi-cultural community.

—Information for this article was contributed by Adrienne Davalos, CYS-Project Together Volunteer Coordinator at Aspen Community Services/Santa Ana.

Mentor Child Outing

Tour Fire Station #26

Mentors and their mentees are invited to join their fellow volunteers for a CYS-Project Together outing to Fire Station #26 in Irvine.

Meet at 10 a.m., Saturday, March 22, at the station, located at the corner of Walnut and Jeffrey in Irvine, for a tour conducted by our fire fighters. A picnic lunch and games will follow at Heritage Park, 4601 Walnut, located directly across from the fire station. Mentors are asked to bring blankets or chairs and sun screen.

Please make your reservation by calling CYS-PT Central Office at (714)796-0100 or via E-mail at our new address at CYS Project Together@hca.co.orange.ca.us.



Trivial Knowledge

"Ides of March"

"Beware the Ides of March" is a warning by a soothsayer in Shakespeare's Julius Caesar and is often used today as a warning to be careful. "Ides" is simply a Latin term for the middle or the 15th of any month—Ides of January, February, April, etc.

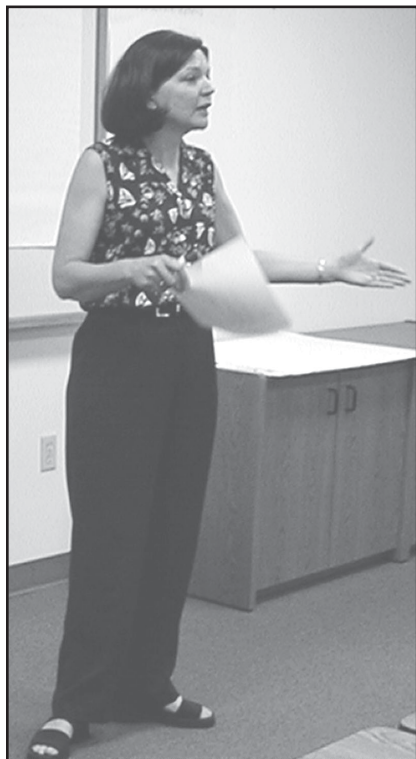
However, due to the statement in the drama, people have come to associate the Ides of March with a sense of foreboding. In the play, the soothsayer was warning Caesar of his day of assassination.

The term "ides" was used by the Romans and then by the rest of Europe from as early as 45 B.C. through the Renaissance. The term "kalends" which is the root word for calendar and the Latin word for the first of the month or the date that bills were due. It is a derivative of "kalendrium," which means account book. The word "nones" meant the 7th day of the month.

The Roman calendar worked in a similar fashion as Roman numerals. It used three days of the month as points of reference and identified the date by subtracting or adding to that day. March 3 would be "V Nones" or 5 days before the 7th (Nones) of the month.

St. Patrick's Day or March 17 would be "Ides III."

The Back Page



HEALTHY BOUNDARIES

Adrienne Davalos, CYS-Project Together Volunteer Coordinator for Aspen Community Services in Santa Ana, recently conducted a training workshop on "Learning to Set Healthy Boundaries." The rotating workshops were held during February and March in all regions of the county. According to Adrienne, "Mentors seem to enjoy coming and sharing the 'positives' as well as some of their struggles and the ways to work through them." The next workshop sessions will be held in May.

HIGHLIGHTS

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March 2003

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County of Orange Health Care Agency/Behavioral Health Services

Children and Youth Services/Project Together

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South/Laguna Lee Boon (949)499-8614

West Diane Prescott (714)896-7570

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Aspen/Tustin Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together Highlights

405 W. 5th Street, Suite 436

Santa Ana, CA 92701

Address Correction Requested

